

HELLO!

**I am a VIRUS,
cousins with the Flu and
the Common Cold**



As a parent, teacher, aunt, uncle, grandparent, friend—some may be struggling to find a simply way to discuss all these changes in the world of small children in our care. Manuela Molina at @mindheart.kids.org share this bright work book to help demystify the coronavirus. Click [here](#) to access the book in a variety of languages including English, Spanish and French: [COVIBOOK](#)

Tips for this week:

Limit Social Media searches for Corona Virus news to 10 minutes 2x day.

Be informed but don't be overexposed to the anxiety.

Keep that family schedule going!

*Be mindful of your alcohol intake, [smoking or vaping](#). Now is the time to cut back, **not** increase. Check out these suggestions from [Wayside House](#).*

Get outside! The sun is back so go out and enjoy it!



Grab some crayons, download free coloring sheets and share with co-workers. Just a few minutes of coloring during a break or lunch, will lower your stress level. Click the photo above to free coloring book.

Practicing Self-Care during stressful times:

1. **Be honest with yourself** about how you are handling all of these changes.
2. **Scale Back** on your activities to have time to relax and recuperate.
3. **Prioritize** your activities to do something which relaxes you.
4. **Address unmet needs:** Realize there are some needs that will have to be met at a future time. Don't be frustrated, just acknowledge.
5. **Ask for help:** This may be hard for helpers, but right now it is necessary.
6. **Check in with yourself:** Sit quietly for 5 minutes and do a quick check-in physically, intellectually, emotionally & spiritually.

[Practicing Self-Care During Stressful Times—Margarita Tartakovsky, M.S.](#)

Important Referral Numbers:

National Suicide Prevention Lifeline: (800)273-8255

National Domestic Violence Hotline: (800)799-7233 or TTY: (800)799-7233

Disaster Distress Helpline: (800) 985-5990

National Human Trafficking Hotline: (888)373-7888 or Text "HELP" or "INFO" to 233733

Substance Abuse & Mental Health Services Hotline: 800-662-4357

Info for **ONLINE** AA Meetings: https://www.aa.org/pages/en_US/options-for-meeting-online or <http://aa-intergroup.org/>